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# Nutri - Topics

Food and Nutrition Information Center  
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Consumer

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## Adolescent Pregnancy and Nutrition

Dietary guidelines and recommendations for weight gain have been revised. Please contact your health care provider for current recommendations.

### Books (in order by year)

*Teenage Pregnancy: A New Beginning.* Linda Barr and Catherine Monserrat. 1988. 99 pp. Available from New Futures, Inc., 5400 Cutler NE, Albuquerque, NM 87110. (505) 883-5680.

*Teen Pregnancy: The Challenges We Faced, The Choices We Made - By Teens...For Teens.* Donna and Roger Ewy. Boulder, CO: Pruett Publishing Company 1984. 188 pp.

### Pamphlets (in order by year)

*Good Eating Builds Better Babies.* 1990. 2 pp. Available from Dairy Council of Greater Washington, Inc., 7315 Wisconsin Ave., Suite 812E, Bethesda, MD 20814. (301) 986-9113.

*Fetal Alcohol Syndrome: A Public Health Education Information Sheet.* Feb. 1989. 2 pp. *Drugs, Alcohol, Tobacco Abuse During Pregnancy.* 1987. 5 pp. Available from March of Dimes Birth Defects Foundation, Community Services Dept., 1275 Mamaroneck Ave., White Plains, NY 10605. (914) 428-7100.

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The resources listed are judged to be available and to contain accurate and readable nutrition information. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture. *Nutri-Topics* replaces the FNIC *Pathfinder* series and is issued in three editions: Consumer, Educator, and Health Professional/Researcher.

*Healthy Foods, Healthy Baby: A Story about How to Eat Right When You Are Pregnant.* Also in Spanish. March 1989. 28 pp. Available from Maternal and Infant Health, Philadelphia Dept. of Public Health, 500 S. Broad St., Philadelphia, PA 19146. (215) 875-5927. English version also available free from National Center for Education in Maternal and Child Health, 38th and R St. NW, Washington D.C. 20057. (202) 625-8400.

*A Healthy You, A Healthy Baby: Answers for the Pregnant Teen.* June 1989. 6 pp. Available from Massachusetts WIC Program, 150 Tremont St., 3rd floor, Boston, MA 02111. (617) 727-2737.

*How to Have a Healthier Baby: Tips for Pregnant Teens.* 1989. 7 pp. Available from The American Dietetic Association, National Center for Nutrition and Dietetics, 216 W. Jackson Blvd., Suite 800, Chicago, IL 60606-6995. (312) 899-0040, ext. 4585.

*Hey Baby - How to Eat and Gain Right to Grow the Best Baby Possible.* 1988. 25 pp. Available from Public Health Nutrition, Box 197, Mayo Building, 420 Delaware St., University of Minnesota, MN 55455. (612) 625-1118.

*What Are the Facts About Smoking and Drinking in Pregnancy?* 1989. 11 pp. *If You're A Pregnant Teen.* 1988. 11 pp. *Teens Can Breastfeed.* 1988. 11 pp. Available from Health Education Associates Inc., 8 Jan Sebastian Way, Sandwich, MA 02563. (508) 888-8044.

### Audiovisuals (in order by year)

*Inside My Mom.* (1990). March of Dimes Birth Defects Foundation, 1275 Mamaroneck Ave., White Plains, NY 10605. (914) 428-7100. **Includes:** 9 min., 18 second VHS videocassette. **Content:** A cartoon fetus tells what it is like to share everything with its mother. This video offers nutritional advice in an entertaining manner. Suitable for junior high school and up.

*Rockabye.* (1989) Also available from the March of Dimes. **Includes:** 16 min. VHS videocassette, Leaders Guide, and two posters. **Content:** The difficulties of adolescent parenthood are related by teen-agers in a rock video format. Information on nutrition, alcohol and drug abuse, and prenatal care is included. Suitable for junior high school and up.

*Eating Right For Two.* (1989) Churchill Films, 12210 Nebraska Ave., Los Angeles, CA 90025. 1-800-334-7830. **Includes:** 20 min. VHS videocassette, discussion guide. **Content:** Material is presented in an informal class setting with broad ethnic representation, a teen, and fathers. Participants discuss fetal development, nutritional needs of mother and fetus, nausea, exercise, drugs (including over the counter drugs), alcohol, and cigarette use.

*Pregnant Teens Taking Care.* (1989) Churchill Films, 12210 Nebraska Ave., Los Angeles, CA 90025. 1-800-334-7830. **Includes:** 22 min. VHS videocassette, discussion guide. **Content:** This video describes conception and fetal development, stresses the importance of prenatal care and of support from friends and family, teaches nutritional information, and warns of the dangers of using drugs, alcohol, and tobacco.

*Hey Baby.* (1988) Public Health Nutrition, Box 197, Mayo Building, 420 Delaware St., University of Minnesota, MN 55455. (612) 625-1118. **Includes:** 15 min. VHS videocassette. **Content:** Presented in a video magazine style of short segments on a variety of related subjects, this videocassette discusses weight gain during pregnancy, proper nutrition, and exercise. It also addresses the benefits of breastfeeding.

*Mom To Be - Eating Right for Your New Baby.* (1988) Alabama Cooperative Extension Service, 17 Duncan Hall Annex, Auburn University, Auburn, AL 36849-5635. (205) 844-5323. **Includes:** 25 min. VHS videocassette. **Content:** Material uses a lecture format to offer advice on what foods to eat, weight gain during pregnancy, developing good eating habits, eating in fast food restaurants, and importance of drinking enough water.

*Just A Beginning - Pre-natal Care for Teens .* (1988) Mondell Productions, 5215 Homer St., Dallas, TX 75206. (214) 826-3863. **Includes:** 20 min. VHS videocassette. **Content:** In this video teen mothers share their experiences. Pre-natal care; proper exercise, rest, and eating; staying in school; and dangers of drug, alcohol, and cigarette use are stressed.

## Contacts for Assistance

Local Contacts (Listed in the telephone directory)

*Ask for the:*

Health Department . . . . .	Nutritionist
County or State Extension . . . . .	Home Economist
Local March of Dimes Chapter . . . . .	
Hospital . . . . .	Dietitian or Childbirth Educator
La Leche League (local office) . . . . .	Lactation Consultant

## National Contacts

March of Dimes Birth Defects Foundation. 1275 Mamaroneck Ave., White Plains, NY 10605. (914) 428-7100.

National Center for Education in Maternal and Child Health. 38th and R Streets NW, Washington DC 20057. (202) 625-8400.

Food and Nutrition Information Center. National Agricultural Library, 10301 Baltimore Blvd., Room 304, Beltsville, MD 20705. (301) 344-3719.

La Leche League International Inc. P.O. Box 1209, Franklin Park, IL 60131. (708) 455-7730.

Healthy Mothers, Healthy Babies National Coalition. 409 12th St., Washington DC 20024-2188. (202) 863-2458.

American Dietetic Association, National Center for Nutrition and Dietetics. 216 W. Jackson Blvd., Suite 800, Chicago, IL 60606-6995. (312) 899-0040, ext. 4585.

Penn State Nutrition Center. Ruth Building, 417 E. Calder Way, University Park, PA 16801-5663. (814) 865-6323.

## **Acknowledgements are made to the following reviewers:**

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